



UCT partners with Bethesda

During the last few months we welcomed 6th year Medical Students from UCT here at Bethesda and they all participated in practical sessions involving **Palliative and Intermediate Care**. On 18 and 19 May we were visited by Linda Ganca (6th Year Medical Course Coordinator of UCT), Dr Michelle Meiring (Lecturer – Palliative Care at UCT) and Dr Hermann Reuter (UCT Eden Coordinator). During their visit they gave us some insight into how to train, orientate and support the students with practical learning in **Palliative Care**. They also spent time with our Inter-Disciplinary Team (IDT) giving some valuable advice and support. Bethesda was informed that UCT is planning a long term investment and presence in the Eden area; and Bethesda will be one of the training sites for Medical Students. This initiative might also, in future, extend to include Occupational Therapy and Physiotherapy Students.

What did this visit mean for Bethesda?

- Motivates us to practice excellent **Palliative Care**.
- Increases our knowledge to new approaches in **Palliative Care**.
- Provides us with skills to teach students according to UCT Standards and Guidelines.

Overall this is a very positive partnership as Bethesda is involved in tertiary education and UCT exposes students to grass roots medical care.

This opportunity is a new exciting chapter for Bethesda, an opportunity to re-enforce our vision to provide holistic, compassionate and sustainable care that improves quality of life!!



Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patients illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated;
- will enhance quality of life, and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.



Sadly we have to say farewell to another German Volunteer. Lars was with Bethesda for 8 months and he made such a big impact on the children and staff alike. He was hardworking and was never afraid to jump in and do tasks presented to him. We are going to miss him very much and wish him well with all his future plans.



Charlie Klaasen is one of the Staff Members that has been with Bethesda since the very beginning. The time has come for "Oom Charlie" to retire and rest after all his dedicated years of service. We're sure he is going to be missed at the main gate where we saw him daily while moving in and out of the premises. We wish him well and a happy retirement.

We have to share this story of blessing with all our loyal supporters and friends. A while ago the need for bibles came about. We sent an e-mail to our data-base kindly asking anyone who could help provide in this need. The response was unbelievable and within days we had 100's of bibles. We cannot begin to express our gratitude to everyone who contributed.



OUR DETAILS

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Acc Names: Bethesda Medical & Relief Services - **Hospice** (Acc No.: 1091 128 499) or
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